Amethyst Biomat
User Manual

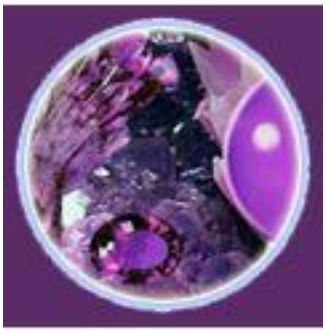
The following section contains an overview of the three components of the Biomat, why this unique combination is so state of the art in its therapeutic applications, and the various features and benefits that the Biomat offers.

Biomat Basics – The Trilogy

The Biomat's state of the art technology synergizes three components, offering a unique combination of therapeutic applications to support both your body and mind on the path to a higher level of well-being.

➢ ***Negative Ion generation.*** Negative ions open ion channels that optimize cellular communication and support all bodily functions in working better. Ionization of the body alkalizes and purifies the blood, charges the immune system, and supplies antioxidants that neutralize free radicals.

➢ ***Far Infrared Light generation (FIR):*** FIR is nature's most healing light. FIR helps the nervous system relax. FIR's radiant heat and light penetrate 5 to 7 inches into the body, allowing for deep muscle and tissue therapy while soothing nerves, increasing circulation, assisting in detoxification, reducing pain and stress, and balancing hormones.



➢ ***Amethyst Crystals****:* Amethyst is a superconductor crystal. It delivers the steadiest, most absorbable, long wave Far Infrared Rays for healing. Amethyst is known to increase stamina and endurance, support deep meditation, is useful for emotional balancing, and enhancing intuition. Amethyst has been shown to be supportive of the body's ability to release addiction and transform lower vibrations into higher resonance

Features and Health Benefits of the Biomat

Application / Feature	Explanation / Application
Relieves pain	The deep heat of Far Infrared helps peripheral blood vessels dilate, bringing relief and healing to muscles and soft tissue injuries. Increased blood circulation carries off metabolic waste products and delivers oxygen rich blood to oxygen-depleted muscles, so they recover faster.
Helps to burn calories & Control weight	As you relax in the gentle heat of Far Infrared your body is actually hard at work, producing sweat, pumping blood and burning calories. According to the Journal of the American Medical Association, a single 30 minute Far Infrared session, burns as many calories as rowing or jogging for 30 minutes.
Eases joint pain & Stiffness	Far Infrared heat therapy is widely used to treat patients suffering from many kinds of arthritis and muscular-skeletal disorders. In addition, it has been proven effective in the treatment of sprains, neuralgia, bursitis, muscle spasms, joint stiffness and many other muscular-skeletal aliments. Stiffness, aches and soreness that come with aging are reduced or eliminated using FIR.
Reduces Stress & Fatigue	The gentle warmth of the far infrared rays helps to soothe nerves, relax tight or knotted muscles, and calm your entire nervous system.
Improves skin	The Biomat's Far Infrared and negative ions penetrate the skin deeply, helping to detoxify impurities from the skin and lymph. In addition, exfoliation is greatly enhanced by the Far Infrared, rapidly removing dead skin cells. Increased circulation draws your skin's own natural nutrients to the surface, rejuvenating your skin's health and appearance.
Alkalizes & Purifies the Blood	When negative ions are applied to the body, the calcium and sodium circulating in the blood are ionized. This changes the blood pH into an alkaline state and has an overall alkalizing effect on the body. Proper blood pH is essential for optimal health. It has been noted that the negative ions applied to the body are helpful at regulating blood pH.
Revives cells	As negative ions in the blood increase, there is an increase in inter-cellular communication. This arises as the cell membranes are opened, cellular metabolism is facilitated, and as a result there is an increase in cellular nutrient uptake and cellular hydration. In addition, cellular waste materials are more efficiently excreted. With the increase in cellular metabolism, optimal cell function is rapidly revived. For more information research the Nobel Prize in Physiology (1991) for the discovery of ionic channel.
Acceptance in the medical community	The Biomat is approved by the FDA as a medical device number #2954299

Application / Feature	Explanation / Application
Alkalizes body	An alkaline body is the basis for good health. Overly acidic systems can be lethargic, agitated, aggressive, etc. Most diseases are rooted in an acidic body.
Pregnancy	Low back pain relief After birth recovery
Induces sweating with sauna action	Detoxification Clarifies skin Burns calories Work in conjunction with a cleanse.
Menopause / Hormonal	Balances the action of the thyroid and lymph glands.
Post traumatic stress & Trauma recovery	Negative ions relax the nervous system. Infra Red light signals the nervous system that it is safe to move out of stuck "fight or flight."
Removes bodily toxins & assists in detoxification	Far Infrared helps to detoxify the body in several important ways. Increased blood circulation stimulates the sweat glands and lymph system, releasing built up toxins and waste. Daily sweating can help detoxify your body as it rids itself of an accumulation of potentially carcinogenic heavy metals, alcohol, nicotine, sodium, sulfuric acid, cholesterol, and uric acid. In addition to sweating, Far Infrared mobilizes toxins and acidic waste, allowing their removal via several other bodily systems.
Improves Circulation & Cardiovascular function	Far Infrared Waves raise body temperature, thereby warming the blood and expanding the blood vessels. The increase in peripheral blood flow and volume results in improved circulation and heart function.
Improves immune system Function	Far Infrared Ray's deep heat raises your body temperature, inducing an artificial and healthy fever. As the body works to combat the fever, your body's immune system is activated and strengthened. Combined with the removal of harmful toxins and waste products, your overall health and resistance to disease is greatly improved.

Diseases Associated with Ion Deficiencies

Indoor environment, city living, cars, exposure to electronic devices, EMF's (electro-magnetic fields), and environmental pollution all result in increased positive ions in one's body, tilting the ratio of ions towards the positive. This results in a physiological imbalance, which may have detrimental health consequences. Too few negative ions in our body can cause a number of diseases. Some of the health problems associated with an imbalance of ions in the body include: anemia, allergies, shoulder pain, lumbago, rheumatism, neuralgia, headaches, kidney problems, imbalanced autonomic nervous system function, insomnia, and fatigue.

Temperature Controls

Negative Ions: Power on, below 95 F / 35 C

Safe for extended use

- Refreshes, invigorates, and recharges the body
- Alkalizes the body
- Charges the immune system
- Cools the body (helpful with hot flashes or hormonal fluctuations)
- Purifies and ionizes the air
- Revitalizes the cells in the body

Blue Settings: 95F to 104F / 35C to 40C

Safe for extended use

- Regenerative sleep. *Many people sleep on these settings*
- Increases immunity
- Boosts energy
- Useful for headaches, jet lag, indigestion

Low Gold Settings: 113F to 122F / 45C to 50C

Sessions of 30 minutes to 2 hours

- Blood pressure and sugar regulation
- Increases circulation, enhances flexibility, and sports performance
- Balances hormones and menstrual cycle – eases menstrual cramps
- Releases stress, tension, and anxiety
- Enhances sexual vitality

High Gold Settings: 131F to 140F / 55C to 60C

Sessions from 10 to 90 minutes

- Relieves chronic pain
- Facilitates deep meditation
- Releases stress and anxiety
- Speeds up injury recovery
- Elevates mood

Red Settings: 149F to 158F / 65C to 70C

Powerful sessions from 10 minutes to an hour

- Sauna level cleansing and detoxification
- Great for when you feel you are first getting sick
- Natural weight loss
- Strengthens cardiovascular system

Amethyst Biomat Professional Controller Box

Amethyst/Tourmaline Mini Mat Controller Dial

Biomat Set-Up Guide

1. Choose your optimal location to set up. (On your bed, couch, the floor, a massage table)
2. Lay the Biomat flat with the crystal side up.
3. Plug control box into the Biomat.(Keep control box away from head.)
4. Plug control box into the wall.
5. Turn it on. (There is a black master power switch on the side of the control box. The Mini Biomat has a button on the front of the control box.)
6. Queen and King Biomats: The queen and king size Biomats have the option of selecting different settings on the left and right side of the bed. Press power on and select what setting you'd like by pressing the buttons with arrows on them.
7. A timer on the controller allows you to select how many hours that the Biomat will stay on.
8. Place white cotton cover on top of Biomat. This creates more reflection power. Additionally, you can place a sheet, comforter, sheepskin, or featherbed on top of the Biomat to make it more comfortable. Anything that is made of natural fibers.
9. There is no need to wait for the Biomat to heat up. It will warm up more effectively once you are touching the Biomat.
10. The red Negative Ion lights will blink on and off. These lights are not illuminated all the time. Your Biomat is still working perfectly even when they are off.

    If the green EMI light is not illuminated try flipping the plug in the wall.

Helpful hints and precautions:

While the Biomat is safe and easy to use, there are a few precautions and helpful hints that you should be aware of to maximize its effectiveness and keep you protected.

- **Hydration! Increase water intake before and after sessions. This is very important to maintain optimum health when using the Biomat. Do not let yourself get dehydrated. The healing effects of the Biomat will be increased with proper hydration.**
- Start slowly at low settings and gradually increase duration and temperature.
- If you have metal rods or pins: Do not go above the green settings (95F – 104F), unless that part of your body is off the mat. In that case, you can enjoy the benefits of higher settings.
- Pacemakers: Those with pacemakers should stay in green settings (95F – 104F), since higher settings may over stimulate blood circulation.
- Those who are pregnant: What to be aware of when pregnant and using the Biomat is not to overheat your body. Others have reported that it helped to relieve back pain or calm down for better rest. To be on the precautious side, stay in green (95F – 104F) or low gold settings (up to 113F) for short 15 minute sessions.
- If you are on medication: Be sure to check in with your medical practitioner at regular intervals for assessment.
- Do not keep your head on the Biomat for long periods of time at very high settings, as this will make you groggy.
- When on the Biomat, cover yourself with a natural fiber blanket. This will increase therapeutic benefits by retaining your body's heat.
- Trust that if it feels good, AND you are well hydrated, you are safe. Your body will tell you when your session is done.

EVERYONE DRINK PLENTY OF IONIZED WATER before and after Biomat sessions, just as indicated for sitting in a sauna. Water is essential to both rehydrate and remove toxins. LISTEN TO YOUR BODY!!!

Contraindications:

It is always recommended to consult with your physician before the use of the Biomat.

***Remember to stay hydrated while using the Biomat.

Organ Transplants:
Recipients who have had any type of organ transplant (Kidney, Heart, Liver, etc.) **should not** use the Biomat. After an organ transplant, patients will need to take immunosuppressant (anti-rejection) drugs to help prevent their immune system from attacking, or rejecting, the new organ. The use of the Biomat's Far Infrared Rays increases immune system function, which will tell your body to attack the new organ.

External Pacemaker:
We recommend anyone who uses an external pacemaker that they **should not** use the Biomat.

Renal or Kidney Failure:
We recommend anyone who has Renal or Kidney failure that they **should not** use the Biomat. The use of the Biomat increases circulation of the blood, which may increase the blood flow to the kidneys causing stress.

Use with Caution:

Heat Sensitive MS:
We recommend anyone with Heat Sensitive MS to use the Biomat with **no heat and negative ions only**. Anyone with other types of MS can use the Biomat at any setting.

Radiation Therapy/Chemotherapy:
We recommend anyone that has currently received radiation treatments or chemotherapy to use the Biomat with **negative ions only. Consult your physician** before using the Biomat with any heat settings.

Brain Tumor:

We recommend anyone with a brain tumor to use the Biomat on **low heat only** (95F-113F).

Bypass Surgery:
We recommend anyone who has undergone bypass surgery to use the Biomat on **low heat only** (95F-113F). The use of the Biomat increases circulation of the blood, which can cause normal blood vessels to expand. Some people who have gone through bypass surgery, experience discomfort since their blood vessels can't expand.

Internal Pacemaker:
We recommend anyone who uses a pacemaker to use the Biomat on **low heat only** (95F-113F). The use of the Biomat increases circulation of the blood, which can cause an increase in heart beat. Some people who use a pacemaker, experience discomfort since their heart beat is being controlled.

Diabetics:
We recommend anyone with Diabetes to use the Biomat on low heat only (95F -113F). Diabetics' skin is weak, which can cause low heat burn from the use of the Biomat. Once the skin is damaged, it may be difficult to recover.

High Blood Pressure (Hypertension):
We recommend people with chronically high blood pressure (hypertension) to use the Biomat with caution before and after use, and on **low heat only** (95F-113F). Sudden changes in body temperature and/or weather temperature may cause an increase in blood pressure.

Newborn Babies:
We recommend parents with newborns to wait until their baby is at least 6 months old before using the Biomat on **low heat only (95F-104F)** or **negative ions only**.

Infants:
We recommend that infants using the Biomat should use it on **low heat only** (95F-113F) and with adult supervision. If temperature is too high for the child, the temperature can't be controlled without an adult. Please use with caution.

Pregnancy:
We recommend women in their pregnancy to use the Biomat on **low to medium heat** (95F-131F).

Surgical Implants:
Recipients of Titanium, Metal, Ceramic, or Plastic implants can use the Biomat. Surgical implants generally reflect infrared rays and are not heated by an

infrared heat system. Anyone who experiences pain in those areas should check with their physician.

Silicon:
Silicon implants may be warmed by infrared rays. Silicon is known to melt at at over 200 degrees Celsius / 392 Fahrenheit, so it should not be adversely affected by infrared rays. It is advised that you consult your surgeon before use.

Pain:
Pain should not be experienced when using the Biomat. However, the infrared heat will go to areas of disease or discomfort so some people may perceive this as pain and others as a sensation. If pain is persistent, discontinue use.

Worsened Condition:
If there are any worsened conditions when using the Biomat, discontinue use. Some temporary symptoms may occur, which can be attributed to the detoxification and healing process. For more information, please see the stages of improvement in Richway's Ions and Infrared Rays booklet.

CANCER

"A 1°C increase in body temperature results in a 40% increase in immunity and 43°C (109.4°F) causes cancer cell death." Dr. N Yoshimizu, MD, PhD, p. 60

For more information, please refer to the book The Fourth Treatment for Medical Refugees. This was written by a Japanese doctor who used the Biomat in a hospital setting.

Product Support:

Warranty – Product warranty term is 1 year. If there are any problems with the product, the company will repair or exchange the product.

Common Question and Answers about the Biomat:

Can you put anything on top on the Biomat? Does it disrupt the benefits?

You may put anything that is a natural fiber on the BioMat. For example a cotton feather bed, sheep skin, cotton sheets, wool blankets, etc. This does not lessen the effects of the BioMat.

However, synthetic fibers such as polyester or foam toppers are not recommended as they can block some of the beneficial Far Infrared energy from penetrating your body. Synthetic fibers can also counteract and neutralize the negative ions emitted in the BioMat.

How long can I lay on it? How long is it safe to use it for?

You may safely lie on it indefinitely as long as you are well hydrated and keeping your head on a pillow (the amethyst/tourmaline pillow is recommended.)

It is best to start off slow (10 minutes to a half hour) on the green setting for a couple days and work your way up to 1 hour + sessions on the gold settings. Eventually you may choose to sleep all night on the BioMat on a low green setting. (If you fall asleep on the BioMat on higher than green, you will likely wake up in a sweat, which can be uncomfortable, so best to keep it on the green if you will be on it long-term.) There is no limit to how long you can be on the BioMat on the green and low gold settings. Treat the higher settings (high gold and red) as you would a sauna, being sure to drink lots of water and limit your time to 1 - 1.5 hours at a time since this setting usually stimulates a lot of sweating and detoxification. It is generally recommended to do the high settings once a day, but for deeper therapeutic uses, you may use it 3 -4 times a day in 1 hour intervals.

Can I use it more than once a day? How long is safe to use it?

Yes, you may use it many times throughout the day. Some people enjoy using it 15 minutes every few hours. It is safe to use for extended amounts of time. It is important to ease into it, listen to your body, and drink lots of water because your

body will be detoxifying during the process.

Can we combine it with other healing treatments?

The BioMat compliments many other modalities. Massages on the BioMat are astounding. The BioMat is also a great compliment to rolfing, acupuncture, chiropractic, facials, manicures, pedicures, dentistry, energy healing, reiki, pain, etc.

What setting should I put it on for first time users?

The green settings or up to 2 yellows is a nice first time experience. It is good to gauge how warm would be enjoyable and select your settings accordingly. Just power on is only negative ions, which can have a cooling effect. As you select higher settings you are choosing how much far infrared warmth you'd enjoy. The high red settings are the sauna setting. Often used to detoxify and sweat.

Can I put my Biomat underneath my memory foam mattress?

No, you will block the benefits of the BioMat by putting it under your memory foam mattress.

Can I put it on top of my bed? Can I put it on my coach? On the floor? On a chair?

Yes, many people put their BioMats on top of their beds on a regular mattress. You can put it under your hugger sheet to integrate it into your bed. Some people place it on one side of the bed so they can alternate between the BioMat side and the regular mattress. You can also lay the BioMat on the couch or on the floor. If you are wanting to contour it into a chair, the Mini BioMat is the best option, because the bigger sizes are designed to lay flat, but the Mini Biomat can bend. Put natural fabric blanket in between the Biomat and temper-pedic mattress.

Is it ok to check as luggage on a plane?

Yes, the Biomat Professional and accessory pillow weighs under 50 pounds so you may check it without and an over-weight charge. The Mini BioMat will also work as a carry-on.
Using the BioMat is a wonderful way to avoid jet lag.

Is it ok for my animals to go on it?

Yes, animals love the BioMat. If they are going to be on it for long periods of time, be sure to keep the settings on the green or low gold settings, as it can be difficult

to monitor their hydration on the higher levels. If you are using it therapeutically for an animal and want them to be on the higher settings, consider using an oral syringe to get extra water into them during the process.

Is it ok for my kids to go on it?

It is wonderful for kids. It can really settle down and soothe a cranky child. It's best to keep them on the green and low gold settings, and there is no limit to how long they can be on it. Be aware of not letting them sleep directly on it without a pillow for more than 15 minutes or so to avoid overheating the head. Encourage them to drink extra water to ensure they are hydrated. Sometimes when I feel they have had enough and won't drink water I slyly turn it off and they continue to feel cozy.

Does it emit harmful EMFs? Is it like an electric blanket?

Some people worry about the correlation of Electro-Magnetic Field (EMF) frequencies and the BioMat. The BioMat is registered with the FDA as a medical device with 510k status. As such, the Biomat had to undergo numerous safety and performance tests, including electro-magnetic field safety. Electro-magnetic frequencies naturally exist in many things, even infrared rays. What makes an EMF harmful is when the hertz level is less than one million. The infrared ray is 20 billion hertz, which is not harmful. Since the Biomat is an electrical device, the manufacturer incorporated a feature into the mats that block 100% of harmful EMFs caused by electricity. The Ac current is transformed into a Dc current before it enters the Biomat. Then the Dc current pulses through a Kuare carbon ceramic super fiber. Nasa discovered how to create far Infrared material so that the astronauts could utilize the reflection of their own body heat to reflect with the ceramic kurare super fiber with Dc pulses. This proved effective in keeping the astronauts healthy, safe and warm in space. They released their patent to the public and we use that technique to generate far Infrared rays.

Testimonials:

"As a researcher and promoter of quality health products, I am always searching for the most effective. Personally, I am very electro-magnetic sensitive, which limits my time and use of some wonderful products. What I found most interesting with the Amethyst BioMat is that is seems my core resistance to electro-magnetics is becoming stronger. I can go to the grocery store, use other electrical products, sit at the computer and even on the phone much longer than before, which is a true Godsend. Thank You!" ~ M.A. "

"I am stunned. There is NO EMF reading over the Biomat...none. I expected 110 AC EMF numbers of up to 50 milligauss from the power cord right up to where it plugs into the pad...but then my Tri-Field meter reads ZERO over the mat itself.

This is a huge breakthrough and achievement. I've used several other Far Infrared devices and later found out they are radiating enormous amounts of EMF right into the people using them. But NONE comes from the BioMat. The heat in the Biomat is evenly dispersed, too. There are no hot spots. This is simply a great product." ~ J.R.

Does the Mini Biomat work the same as the larger BioMats? Can I get the same benefits?

Yes, the Mini Biomat has exactly the same settings as the bigger BioMats. You can get the same benefits. The main advantage of the larger models is that they will cover the entire body, which may be useful for certain therapeutic purposes. However the Mini Biomat is great for wrapping around the knee.

Is it ok to put it on the high setting the first time I use it?

Many people think highest is best. This is not the case with the Biomat. Starting in the green and lower gold range is a gentle way to begin exploring the benefits of the Biomat.

How do I avoid getting dehydrated while on the Biomat?

Ideally, drink a big glass of ionized water before. Regular water is ok too. Sip water during your session and drink extra water after your session. In the event that you forget to keep hydrated, you may notice you feel anxious on the BioMat. If that happens, it is best to take a break from the Biomat for a day or two and drink lots of water (lemon juice squeezed in water is great too) so you can rehydrate.

Can more than one person go on it at one time?

Yes, you may share the BioMat with others, and with pets too.

Can I sleep on it?

Yes, you can. Many people enjoy sleeping on the low green settings.

Can I wash the cotton pad cover?

Yes, the white cotton cover is washable. You may additionally cover the Biomat with a cotton sheet or a towel when you do the sauna setting. There is also a waterproof cover available for the Mini BioMat and the BioMat Professional.

Do the crystals hold the energy of the users? If so, how can I clear the energy?

The Far Infrared Rays are pumping through the crystals. This ensures that energy

is not stagnating on the BioMat. If many people have used it you can turn it on high for 15 minutes and clear the energy.

The Story of the Biomat with Calvin Kim (the inventor)

In September of 1996 the Kim's were in the jewelry business and came across an opportunity to purchase a Korean Jade mine. The mine was being offered for six million dollars, which was a reduction from the original price of twenty million.

Originally, the intention was to use the jade in their jewelry business. However, that quickly changed as Calvin witnessed so many people coming to the jade mine for therapeutic benefits. Everyday three to four hundred people were coming to sit inside the jade mine. Calvin was so surprised!

That transaction truly changed the life path for Calvin and Jeanna Kim.

Although they invested in the mine strictly because of its value to the company, for jewelry, they soon discovered they had many buyers seeking the jade in powder form. The Kims learned that one medical device company – RichWay Korea – was using the powder in the manufacturing of its medical mats. Curious, and struggling with several of his own health challenges, Calvin tried one of the jade mats and experienced first-hand the powerful health benefits the mat provided.

Realizing the sales potential of such a device, Calvin and Jeanna convinced their jewelry company to invest in the struggling, under-marketed RichWay Korea. Soon after, in 1997, the Kims took full ownership of the medical device company, along with its laboratory, and RichWay International was born. From there they launched a network marketing company to promote jade BioMat sales internationally. In addition, they developed other products, the Alkal-life water ionizer and Rejuvena facial system.

In the meantime, they spent years continually researching the infrared, negative ion, and crystal technologies the BioMat utilizes. Initially, it was believed that the health benefits of the BioMat came from the heat of the infrared technology. But after three years of research, it was discovered that the main benefit was not from heat, but rather from the “vibration energy” that the infrared ray provides. And so our RichWay research department dove deep into studying the energy spectrum of the healthiest and most natural frequencies for infrared and negative ions.

Some interesting statistics show that married couples live 7-9 years longer than single people and couples have forty percent less medical issues. Because of this RichWay developed infrared rays similar to the "vibration frequency" shared by humans.

The main purpose of BioMat technology is to target the same energy frequency as love that will naturally nurture and enhance our wellbeing. Yes, you heard it right ~ LOVE.

During the February 23rd teleconference, Calvin explains that the real hidden power of the BioMat is these four things:

* Human Body Infra Ray

* Human Body Infra Ray Frequency

* Human Body Infra Ray Hertz

* 100 Milligauss Electro-magnetic Power - to increase circulation

Calvin continues to share information on the difference between infra ray heat and surface heat. Surface heat is not always comfortable or best for the human body. However, the type of infra ray heat the BioMat provides is specifically designed to safely nurture and support the human body. For instance, when someone submerges in hot water for 30 minutes their body temperature will rise. Then when they get out of the water that body heat will start declining in 10 minutes. Whereas someone that is on the BioMat infrared heat for 30 minutes, the infra ray heat will remain in the body for more than 4 hours. This is the amazing difference between the energy that infra ray versus surface heat provides!

Question and Answer with Calvin Kim (the inventor)

If you have high blood pressure and are advised not to use hot tubs, can you use the BioMat?

In answering this, Calvin shares that he had high blood pressure and understands the concern. When someone with high blood pressure gets into a hot tub the heat raises body temperature and may cause the blood pressure and circulation to rise. That said, the infra ray heat the BioMat generates is very different energy. The infra ray penetrates the body like a fine massage and activates the mitochondria. That is the one big difference. The infra ray is very gentle and will assist the stability of blood pressure by activating mitochondria and safely regulating blood circulation. Heat like that in a hot tub will not activate mitochondria and the blood pressure will rise.

Why do we have amethyst and tourmaline in mini-BioMat and Pillow?

The Professional BioMat design has a 10-15 inch negative ion panel. The Mini-BioMat can only host a 3-5 inch negative ion panel. Tourmaline generates negative

ions and that is why it is in the Mini-BioMat and Pillow, to increase the negative ions.

What is the difference between the Jade and Amethyst BioMat?

The human body is around 32 million hertz vibration. Jade is about 20 million hertz vibration, which provides a gentle lower vibration. RichWay's research team discovered that Amethyst is closer to 32 million hertz, which is stronger than Jade and closer to the vibration of the human body. Some people are very sensitive or fragile and the Jade may work best for them. For example, a person with MS and heat sensitivity may be more comfortable with the gentle vibration of the Jade BioMat. Another with chronic back pain may benefit much more from the stronger vibration of the Amethyst BioMat.

How are the negative ions generated?

Simply stated the technology is increase voltage, reduce speed for steady energy, transfer to aluminum panel, then electrical discharge causes oxygen electron to separate and releases to produce negative ion.

Calvin added, that was a good question, however most important question is: Why we produce negative ion? The number one reason is for emotional support, negative ions make us happy, and secondly, to reduce pain. Pain is an electrical signal to the brain, which is a very strong positive ion. Therefore, when you are on the BioMat the negative ions help with emotions and reduce pain.

Can the first infra ray setting be used to lower body temperature?

Yes. The first setting is 95 degrees, lower than our normal body temperature of 98 degrees.

Is there a difference in benefit from sleeping all night on the BioMat and a 40 minute high heat session?

Yes, there is! The forty-minute high heat sessions are to produce HST (heat shock protein), which helps improve the production of T-cells and the immune system. Sleeping on the BioMat is very important, however you would only use a low setting, like number 2 green (104 degrees). Remember, RichWay has done extensive research and the infra rays, negative ions, and crystals in the BioMat technology are designed to nurture and support us both emotionally and physically. When you sleep on the BioMat, it is like being in the womb; very comfortable and nurturing.

What do you recommend when someone say's the BioMat is too hard?

If you place a comforter underneath the BioMat it will provide more cushion when laying on it.

Does synthetic clothing such as polyester affect the benefits of the

BioMat?

Yes. Do not wear synthetic clothing on the BioMat, instead wear cotton or natural fibers for the best benefit.

Can you use sheepskin on the BioMat?

Yes, you can, however use natural organic material without synthetics. And, it would be a good idea to use the BioMat cover over it to protect from any sweat released.

Customer Testimonials

Below is a list of some of our customer's favorite ways to use the Biomat, including additional features and their applications. May you be inspired to find what best suits you and your customer's needs, health, and lifestyle.

Some of our customer's favorite ways to use the Biomat:

- Once or twice a week, I like to do a sauna session. First, I take a shower, drink two glasses of water, and put a natural fiber robe on. Then I lie on my Biomat covered with a down comforter. It feels like a cocoon of light surrounds me and I sweat for 30 minutes to an hour. After this, I drink two more glasses of water. It is a powerful and invigorating detox. It is also great to do if you ever feel as though you are getting sick since it will simulate a fever and charge your immune system.

- Lie on it and watch a movie!

- I take a sauna every morning to start my day, followed by a cool shower - this activates my lymph glands and balances my hormones. I now experience less negative side effects during my menstrual cycle. I have also lost weight.

- To cool and refresh, I use it on just "power on". This setting does not generate heat, but only generates negative ions. This is a relaxing and refreshing setting.

- Within the first nights of sleeping on the BioMat, I slept more soundly and awoke more deeply relaxed than ever before. In the summer it helps me to sleep cooler.

- If I am feeling stressed, a short rest on the BioMat always refreshes.

- Within three months I had dropped one clothing size. I had been taking frequent "saunas" once or twice a week on the BioMat (High Red Settings 149F – 158F).

- When I was recovering from chronic fatigue and rebooting my immune system,

I spent almost 18 hours a day on the BioMat rotating through the different settings. Now I use it for 30 minutes, 3 times a week.

- I use the BioMat for jet-lag and for boosting my immune system. If I feel symptoms of flu or cold coming on, I use the BioMat for an hour at middle heat, and I will not get sick.

- I love to lie on my stomach on the BioMat. This is helpful for easing menstrual cramps and aiding digestion. I also like to lie on my back with my knees bent and the bottoms of my feet on the BioMat, especially when my feet are cold/and or sore. I feel that it opens the reflex points and meridians.

- Receiving a massage on it can be heavenly. Muscles are more elastic and receptive and the body is put in alpha and delta states, states conducive to deep regeneration and higher awareness.

- I sleep on the Biomat when I am experiencing insomnia. Within 10 minutes of lying on it, I am asleep.

- On day 3 after my knee surgery I managed to get on the mat. My whole torso was aching from all the drugs and I felt awful. After 2 hours on the Biomat all my pain went away and I felt normal again. I continued using the Biomat for the next 5 days and saw huge improvements in my knee's recovery. My doctor noticed the improvements as well.

- On mornings where I feel cold and stiff, I will begin my yoga and stretching practice on the mat. Shivasana (rest pose) on the mat, at the close of my yoga session, is amazing.

- It is wonderful for meditation since it induces alpha and delta states and helps you drop into a meditative state more quickly.